

Discover how you can save more!

Net monthly income

Net salary	\$
Net salary (spouse)	\$
Net investment income:	
Interest	\$
Dividends	\$
Capital gains	\$
Other:	
Net rental income	\$
Support payments	\$
Etc.	\$
Total – Net monthly income	\$



Monthly expenses

Your home	
Rent or mortgage	\$
Taxes	\$
Insurance	\$
Maintenance	\$
Electricity	\$
Heating	\$
Telephone	\$
Cable	\$
Internet access	\$
Furnishings	\$
Other	\$
Sub-total – Your home	\$

Your family	
Food (groceries, restaurants)	\$
Clothing	\$
Transportation (car including loan or lease, public transit, etc.)	\$
Education	\$
Daycare	\$
Medical care and medication	\$
Personal care, hairdresser, etc.	\$
Health, disability and drug insurance	\$
Life insurance	\$
Other	\$
Sub-total – Your family	\$



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Your standard of living

Debt (personal loan, credit cards)	\$
Leisure, entertainment	\$
Sports (membership fees, equipments)	\$
Vacations	\$
Gifts	\$
Personal expenses	\$
Other	\$

Sub-total – Your standard of living	\$
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Total – Monthly expenses	\$
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Monthly investments

RRSPs	\$
TFSAs	\$
Non-registered investments	\$

Total – Monthly investments	\$
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Total – Monthly income	\$
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Minus	-
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Total – Monthly investments	\$
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Minus	-
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Total – Monthly expenses	\$
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Equal	=
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Amount available for additional investment	\$
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